

# Q2

## DEIB Holiday & Content Social Guide

Created by livingHR



# About This Guide

Welcome to our Q2 Diversity, Equity, Inclusion, and Belonging (DEIB) Holiday & Content Social Guide.

Inside are an array of holidays, celebrations, and observances celebrated this month. This list is certainly not exhaustive, but an opportunity to raise awareness about different cultures across your social channels.

Because in most business settings, the same holidays tend to be centered and celebrated, this guide seeks to normalize recognizing a variety of holidays and learning more about them.

In this guide, we will give you a snapshot of the holiday, share ideas for content, and discuss some things to avoid.

With that, we hope this guide opens your eyes to new holidays and events you weren't previously aware of and creates an opportunity to learn more about the holidays and cultures celebrated.

Enjoy!

# April

## Monthly Celebrations

Celebrate Diversity Month

Paralyzed Veterans Across America Month

Parkinson's Awareness Month

Stress Awareness Month

World Autism Month

## Weekly Celebrations

April 5–13: Passover

## Daily Celebrations

April 2: World Autism Awareness Day

April 10: National Youth HIV/AIDS Awareness Day

April 14: Vaisakhi

April 17–18: Yom HaShoah

April 18: National Transgender HIV Testing Day

April 18: Laylat al-Qadr

April 21–22: Eid al-Fitr

April 22: Earth Day

April 26: Lesbian Visibility Day

A P R I L

# The Month

## Celebrate Diversity Month

Celebrate Diversity Month takes place in April every year. It was initiated in 2004 to recognize and honor the diversity of the world around us. It is a time to recognize and understand our differences, be it gender, race, ethnicity, faith, sexual orientation, and other factors, while honoring the common essence of humanity. By appreciating our similarities and differences, the month aims to get people to foster a deeper understanding of others, regardless of who they are, what they are, or how they live" ([National Today](#)).

### Ideas for Content

In honor of Celebrate Diversity Month, prepare for these various monthly celebrations by developing a plan to celebrate internally and on social. Here's an idea for each month :

- January: National Mentoring Month
- February: Black History Month
- March: Developmental Disabilities Awareness Month
- April: Stress Awareness Month
- May: Asian Pacific American Heritage Month
- June: Pride Month
- July: Social Wellness Month
- August: National Civility Month
- September: Suicide Prevention Awareness Month
- October: National Bullying Prevention Month
- November: National Family Caregivers Month
- December: Universal Human Rights Month

### Resources to Learn More

- [Celebrate Diversity Month: Programming Guide](#)

A P R I L

# The Month

## Paralyzed Veterans Across America Month

Throughout April, **Paralyzed Veterans of America** (PVA) and its 34 chapters across the country highlight the challenges veterans with spinal cord injury/dysfunction face and educate the public about the programs, services, and support PVA provides to these injured veterans and their families.

### Ideas for Content

- Find a group of teammates interested in **volunteering with PVA** and give back in various ways. A few ways to get involved include sports programs, serving meals, visiting with patients, and working with the chapter committees.
- Include #PVABLE and tag Paralyzed Veterans of America in any posts you share this month.
- Take this opportunity to reiterate the need for accessible, barrier-free environments. Learn more with PVA's **Architecture & Accessible Design**.

### Resources to Learn More

- **2023 PVA Policy Priorities**
- **A Guide to Resources for Disabled Veterans**
- **Paralyzed Veterans of America Awareness Month**

A P R I L

# The Month

## Parkinson's Awareness Month

Parkinson's Awareness Month is a global opportunity to increase awareness about Parkinson's disease – a progressive neurodegenerative disorder – and its symptoms and support victims. The month-long observance coincides with the birth month of James Parkinson, the man who first identified Parkinson's disease nearly 200 years ago and the first physician to describe the disease.

### Ideas for Content

- Every 6 minutes, someone will be diagnosed with Parkinson's disease (PD) in the U.S. For Parkinson's Awareness Month, take 6 minutes to raise Parkinson's awareness. Post about #Take6forPD with pre-written copy and a checklist graphic from **the Parkinson's Foundation**.
- Become a Parkinson's advocate with the **Parkinson's Advocacy Toolkit**, complete with ways to reach the public and complementary social media sample posts.
- #Move4PD with **social media graphics** for Instagram Stories, cover photos, and social squares from the Parkinson's Foundation.

### Resources to Learn More

- **April is Parkinson's Disease Awareness Month**
- **The Michael J. Fox Foundation for Parkinson's Research**
- **Parkinson's Awareness Month 2023**

A P R I L

# The Month

## Stress Awareness Month

Sponsored by the Health Resource Network (HRN) since 1992, Stress Awareness Month has recognized the stress that individuals experience and the various ways to cope with it to ensure a healthier and happier life. This month, healthcare professionals unite to raise awareness of stress's effects on people's wellness and what can be done to combat it. Public forums, discussion groups, and other informative community events shed more light on the health impacts of stress.

### Ideas for Content

- Design an infographic communicating **the signs to look out for**, whether in-person or virtually, to know when a friend or co-worker may need support.
- Remind your social following of the **various ways to combat and manage stress**, such as getting rest, journaling, exercising, and talking to loved ones.
- Share important **stress awareness facts** and stats such as 77% of Americans state stress negatively affects their physical health.
- Break down **the three kinds of stress**—acute, episodic acute, and chronic—and how they manifest.

### Resources to Learn More

- **National Stress Awareness Month**
- **Observing Stress Awareness Month 2023: What Should You Know About Stress?**
- **Stress Awareness Month**

A P R I L

# The Month

## World Autism Month

World Autism Month, or **Autism Acceptance Month**, begins with the United Nations–sanctioned World Autism Awareness Day on April 2. Throughout the month, stories are shared, providing opportunities to increase understanding and acceptance of the autism community.

### Ideas for Content

- Raise awareness by sharing why you advocate with pre-made social media graphics from **My Autism** or **the Autism Society**.
- Recognize **World Autism Awareness Day on April 2** and Light It Up Blue.
- Participate in the **Autism Speaks Kindness Campaign** encouraging acceptance, understanding, and inclusion with daily ways to live, learn, and lead with kindness. Choose from one of the three tracks and inspire your social following to participate.
- **Share your story** to help foster understanding and acceptance of people on the spectrum.
- For any posts you share about the month, include the hashtags #MyAutism & #AutismAcceptance, and tag @MyAutism.

### Resources to Learn More

- **Autism Acceptance Month**
- **Autism Speaks, World Autism Month**
- **World Autism Month**
- **World Autism Month FAQ**



A P R I L

# The Weeks

## April 5–13: Passover

“Passover, or Pesach in Hebrew, is one of the Jewish religion’s most sacred and widely observed holidays. In Judaism, Passover commemorates the story of the Israelites’ departure from ancient Egypt, which appears in the Hebrew Bible’s books of Exodus, Numbers and Deuteronomy, among other texts. Jews observe the weeklong festival with a number of important rituals, including a traditional Passover meal known as a seder, the removal of leavened products from their home, the substitution of matzo for bread and the retelling of the exodus tale” (**History**).

### Ideas for Content

- Share **the traditions and practices of Passover** from the Seder Plate to the 10 Plagues to create a better understanding of the holiday.
- In honor of the Four Questions, ask **modern social justice takes of the Four Questions**:
  - Why on this night are some people still enslaved today?
  - Why on this night do so many remain hungry in the world?
  - Why on this night do we invite the hungry and lonely to share our meal?
  - How can we eradicate hunger and homelessness tonight and every night?

### Resources to Learn More

- **What Is Passover?**
- **When is Passover in 2023? What you need to know ahead of the Jewish holiday**

A P R I L

# The Days

2

## World Autism Awareness Day

Celebrated at the start of World Autism Awareness/ Acceptance Month, World Autism Awareness Day shines a light globally on autism.

### Idea for Content

**Light It Up Blue** in celebration of people with autism and those who love and support them. Join the thousands of landmarks, buildings, homes and communities around the world to shine a light on the autism community.

### Resources to Learn More

[World Autism Awareness Day](#) | [Autism Speaks](#)

---

10

## National Youth HIV/AIDS Awareness Day

Dedicated to educating the public about the impact of HIV/AIDS on youth, NYHAAD highlights the work done by youths in the fight against the HIV/AIDS epidemic.

### Idea for Content

Download and share pre-made graphics and social copy **from HIV.gov** or **the CDC** to raise awareness and include [#NYHAAD](#) and [#StopHIVTogether](#).

### Resources to Learn More

[What is NYHAAD?](#) | [National Youth HIV & AIDS Awareness Day #NYHAAD](#)

---

14

## Vaisakhi

One of the most important dates on the Sikh calendar, Vaisakhi, also pronounced Baisakhi, marks the start of the Punjabi New Year. It also celebrates 1699, the year when Sikhism was born as a collective faith.

### Idea for Content

Use lots of color and imagery of parades, music or celebration to wish a happy and prosperous Vaisakhi to those who celebrate!

### Resources to Learn More

[Vaisakhi / Baisakhi / Vishu](#) | [The Festival of Baisakhi](#)

A P R I L

# The Days

17

## Yom HaShoah

Also known as Holocaust Remembrance Day, Yom HaShoah marks the anniversary of the Warsaw Ghetto Uprising and commemorates the millions of Jewish lives lost in the Holocaust.

### Idea for Content

Utilize resources from the United States Holocaust Memorial Museum "[Days of Remembrance Resources](#)" to recognize and observe Yom HaShoah.

18

### Resources to Learn More

[Yom HaShoah](#) | [Yom HaShoah: Holocaust Memorial Day](#)

---

18

## National Transgender HIV Testing Day

This day of recognition highlights the importance of routine HIV testing, status awareness, and continued focus on HIV prevention & treatment efforts among transgender and gender non-binary people.

### Idea for Content

Download and share pre-made graphics, videos and social copy from [the CDC](#) to raise awareness and include #NTHTD and #StopHIVTogether.

### Resources to Learn More

[National Transgender HIV Testing Day](#) | [NTHTD Toolkit](#)

---

## Laylat al-Qadr

Translated as The Night of Power, Laylat al-Qadr is among the holiest nights of the Islamic calendar, falling during the last ten nights of Ramadan, remembering when the first verses of the Quran were delivered to the Prophet Muhammad.

### Idea for Content

Send warm wishes to observers and their loved ones on this auspicious night.

### Resources to Learn More

[Laylat al-Qadr](#) | [Laylat ul Qadr 2023](#) | [The Night of Power](#)

A P R I L

# The Days

21

## Eid al-Fitr

Celebrated by Muslims worldwide, Eid al-Fitr translates to "the feast of fast-breaking," marking the end of the month-long dawn-to-sunset fasting of Ramadan.

### Idea for Content

Send greetings to those who celebrate in your social messaging by saying "Eid Mubarak!" This translates to "blessed Eid!"

22

### Resources to Learn More

[Ramadan and Eid al-Fitr](#) | [Eid al-Fitr](#) | [When Is Eid Al-Fitr 2023?](#)

---

22

## Earth Day

Marking the beginning of the modern environmental movement in 1970, Earth Day is a day to actively protect the planet from things like pollution and deforestation.

### Idea for Content

This year's theme is "Invest in Our Planet." Share ways to invest and get involved with the [Earth Day 2023 Action Toolkit](#).

### Resources to Learn More

[Earth Day 2023](#) | [Earth Day](#) | [International Mother Earth Day](#)

---

26

## Lesbian Visibility Day

Observed in United States and the United Kingdom, Lesbian Visibility Day, is dedicated to increasing the awareness of lesbian identities and issues.

### Idea for Content

Communicate the meanings of each color represented in [the lesbian pride flag](#), designed in 2018 by Emily Gwen.

### Resources to Learn More

[Lesbian Visibility Day](#) | [Celebrating Lesbian Visibility Day](#)

# May

## Monthly Celebrations

Asian Pacific American Heritage Month

Better Hearing and Speech Month

Haitian Heritage Month

Jewish American Heritage Month

Mental Health Awareness Month

## Daily Celebrations

May 3: International Family Equality Day

May 4: National Day of Prayer

May 5: Cinco de Mayo

May 5: Vesak

May 14: Mother's Day

May 17: International Day Against Homophobia, Transphobia, and Biphobia

May 18: Global Accessibility Awareness Day

May 19: Malcolm X Day

May 23: Declaration of the Bab

May 24: Pansexual and Panromantic Visibility Day

May 26–27: Shavuot

May 29: Ascension of Bahá'u'lláh

M A Y

# The Month

## Asian Pacific American Heritage Month

Asian American and Pacific Islander Heritage Month is an annual celebration that celebrates the historical and cultural contributions of individuals and groups of Asian and Pacific Islander descent, including East, Southeast, and South Asia and the Pacific Islands of Melanesia Micronesia and Polynesia. Starting in late 1970, AAPI Heritage Month took over ten years to be recognized as a permanent month-long celebration.

### Ideas for Content

- Hear from individuals and learn about their history with this video from PBS, "[Are You 'AAPI' or 'Asian American?' It's Complicated. A People's History of Asian America.](#)"
- Whether or not you're a lawyer, participate in the American Bar Association's [21-Day Racial Equity Habit-Building Challenge© for AAPI Heritage Month](#) and invite your following to join along. The challenge seeks to expose participants to different perspectives of the AAPI community and its history.
- Post pre-made social posts from [the Library of Congress](#) to celebrate or use them as inspiration.
- Curated by the Smithsonian Asian Pacific American Center, encourage your social following to utilize [Care Package](#): A collection of guided meditations, poems, sound baths, and short films from AAPI artists, writers, and scholars.

### Resources to Learn More

- [Asian American and Pacific Islander Heritage Month](#)
- [Celebrating AAPI Heritage](#)
- [Origin of Asian American & Pacific Islander Heritage Month](#)

M A Y

# The Month

## Better Hearing and Speech Month

Better Hearing and Speech Month (BHSM) was founded in 1927 by the American Speech–Language–Hearing Association (ASHA). Each May, this annual event provides an opportunity to raise awareness about hearing and speech problems and to encourage people to think about their own hearing and get their hearing checked. The theme for 2023 is Building a Strong Foundation.

### Ideas for Content

- Promote Better Hearing and Speech Month on your social channels with Instagram Stories, Facebook, LinkedIn, and Twitter cover photos and more **graphics from ASHA**. Plus, sign up for their social media campaign, Speaking Up For Communication.
- Create an infographic showing **ways to protect yourself and your hearing** with recommendations from the CDC.
- To successfully reach your current audiences, share consumer-friendly content and understand the necessity with fact sheets from the American Academy of Audiology

### Resources to Learn More

- **Better Hearing and Speech Month**
- **May is Better Hearing and Speech Month**
- **Promote May Is Better Hearing Month**

M A Y

# The Month

## Haitian Heritage Month

"May is Haitian Heritage Month, an opportunity to learn about and celebrate Haitian and Haitian American history and culture. Haiti—one of two countries that make up the island of Hispaniola—is a small nation, but one that has had an expansive influence on the United States and the rest of the world" ([BetterHelp](#)).

### Ideas for Content

- Utilize Broward County Public Schools [Haitian Heritage Month Resources](#) for Celebrating guide to create content for your social channels from frequently asked questions to Haitian communities in the U.S.
- Bring Haitian creators to the forefront by sharing [Haitian Art Videos](#) from the Haitian Art Society.
- What does it mean to be Haitian-American? Spotlight and recognize the Haitian-American Journey with [this video series](#) from the Haitian Roundtable.

### Resources to Learn More

- [6 Ways To Celebrate Haitian Heritage Month This May](#)
- [Haitian Heritage Museum](#)
- [Happy Haitian Heritage Month](#)



M A Y

# The Month

## Jewish American Heritage Month

Jewish American Heritage Month was established in 2006 by President George W. Bush to honor the contributions, achievements, history, and culture of Jewish Americans. Last year over 100 organizations around the US mobilized to help Americans of all backgrounds discover and celebrate the vibrant 350-year history of Jewish contributions to American culture.

### Ideas for Content

- Celebrate Jewish American Heritage Month with the **JAHM Social Media Kit**.
- Spend time reading "**Beyond the Count: Perspectives and Lived Experiences of Jews of Color**," and share key takeaways and reflections on a social post afterward.
- Use this month to spotlight #StandUpToJewishHate and stop antisemitism. **Share the Blue Square** to stand against intolerance and utilize the Dallas Holocaust and Human Rights Museum's **Tool Kit for Confronting Antisemitism**.
- Craft a post sharing one of the many **ways people can celebrate this month**, from visiting a Jewish museum to baking challah.

### Resources to Learn More

- **JAHM: Jewish American Heritage Month**
- **Jewish American Heritage Month**
- **Jewish American Heritage Month And Its Importance**
- **Jewish American Heritage Month Resources**
- **Stand Up to Jewish Hate**

M A Y

# The Month

## Mental Health Awareness Month

Observed in the United States since 1949, Mental Health Awareness Month was established to increase awareness of the importance of mental health and wellness and help individuals overcome mental illness stigma. Mental Health Awareness Month helps promote prevention, increase support and celebrate recovery from mental disorders.

### Ideas for Content

- Download **Mental Health America's 2023 Tool Kit**. Inside you'll find pre-made social media images and post language, zoom backgrounds, fact sheets, worksheets, posters, and more.
- Stop the stigma, and normalize mental health language by sharing terms from the **Mental Health America glossary**.
- Share critical facts like "50% of all lifetime mental illness begins by age 14, and 75% by age 24," and "1 in 20 U.S. adults experience a serious mental illness each year, and less than two-thirds receive treatment" with **NAMI's 2023 Mental Health Awareness Month Partner Guide**.
- Support mental health in your workplace by raising awareness and engaging your team with a **Mental Health Awareness Month group activity** with Confetti.
- For visibility, include #MHAM and #MentalHealthMonth in all your Mental Health Awareness Month posts.

### Resources to Learn More

- **May Is Mental Health Month**
- **Mental Health Awareness Month**
- **Ways To Participate: Mental Health Awareness Month**

M A Y

# The Days

3

## International Family Equality Day

This international day promotes peaceful and inclusive societies to raise awareness about the need for equal treatment and representation for all families.

### Idea for Content

This year's motto is Power Up Families. Invite your social following to celebrate diversity and support all types of families with #IFED2023.

### Resources to Learn More

[International Family Equality Day \(IFED\) 2023: Power Up Families](#)

---

4

## National Day of Prayer

Originally signed into law in 1952 by President Truman, the National Day of Prayer is for people of all faiths to unite through prayer and peace.

### Idea for Content

Wish a happy #NationalDayOfPrayer to those participating in a synagogue, mosque, church, temple, another holy space, or just at home.

### Resources to Learn More

[National Day of Prayer](#) | [National Day of Prayer: First Thursday in May](#)

---

5

## Cinco de Mayo

Cinco de Mayo celebrates the defeat of the French army during the Battle of Puebla in Mexico on May 5, 1862.

### Idea for Content

Before you start posting about margaritas and tacos... **spend time learning about Cinco de Mayo**, it's history, and what it truly celebrates!

### Resources to Learn More

[Cinco de Mayo](#) | [The History of Cinco de Mayo and How It's Celebrated](#)

M A Y

# The Days

5

## Vesak

Also known as Buddha Day, Vesak is celebrated every May on the full moon to commemorate the birth, enlightenment, and death of Gautama Buddha, the founder of Buddhism.

### Idea for Content

Since Vesak is spent doing good deeds, wish a Happy Vesak to those who celebrate and for those who don't to do good today.

### Resources to Learn More

[Vesak Day](#) | [Vesak Day: Celebrating the life of Buddha](#)

---

14

## Mother's Day

The idea of Mother's Day began in the early 1900s from the efforts of Anna Jarvis following her mother's death to honor the sacrifices mothers make for their children.

### Idea for Content

This can be a triggering holiday for those with toxic mother-child relationships, infertility, the loss of a mother, and more reasons. Instead of a "Happy Mother's Day," consider **sharing ways to shift** how we approach Mother's Day.

### Resources to Learn More

[Mother's Day 2023](#) | [Mother's Day](#) | [The Bittersweet History](#)

---

17

## International Day Against Homophobia, Transphobia, and Biphobia

This worldwide event was created to raise awareness and draw attention to the violence and discrimination experienced by the LGBTQ+ community.

### Idea for Content

Share your support for the LGBTQ+ community with this year's theme, "Together Always: United in Diversity," and include #IDAHOBIT2023.

### Resources to Learn More

[May 17](#) | [International Day Against Homophobia, Transphobia, Biphobia](#)

M A Y

# The Days

18

## Global Accessibility Awareness Day

Celebrated every year on the third Thursday of May, Global Accessibility Awareness Day highlights the importance of digital inclusion to those with different disabilities.

### Idea for Content

Share any one or all **ten ways to mark Global Accessibility Awareness Day** to encourage your followers to think intentionally about accessibility.

### Resources to Learn More

[Global Accessibility Awareness Day](#) | [Celebrating GAAD](#)

---

19

## Malcolm X Day

Today shows appreciation for Malcolm X, the civil rights leader, and human rights activist who was a vocal advocate for black empowerment.

### Idea for Content

Do a profile on **Malcolm X** showcasing the incredible things he accomplished during his lifetime and reiterate there is still work to be done.

### Resources to Learn More

[Malcolm X Foundation](#) | [May 19, 1972: First Malcolm X Day Celebration](#)

---

23

## Declaration of the Bab

The Bahá'í Era began with the Declaration of the Bab on this day in 1844, when the Bab announced he was a messenger of God and foretold the coming of another messenger of God.

### Idea for Content

Because this is one of the Baha'is holy days when work is suspended, post a reminder to respect and honor the time off for those observing.

### Resources to Learn More

[Declaration of the Bab](#) | [The Declaration of the Bab](#)

M A Y

# The Days

24

## Pansexual and Panromantic Visibility Day

"Pansexual and Panromantic Visibility Day is an annual event to uplift the community and raise awareness of pansexuality and panromanticism, what they are, and how they differ from similar identities" ([The Rainbow Stores](#)).

### Idea for Content

Celebrate by **debunking common myths** around pansexuality and to foster awareness and understanding.

### Resources to Learn More

[International Pansexual and Panromantic Visibility Day](#) | [Pan Visibility](#)

---

26

## Shavuot

Shavuot, known as the "Feast of Weeks," falls seven weeks after Passover and commemorates the spring harvest.

### Idea for Content

Share a Happy Shavuot or Chag Shavuot Sameach with imagery of flowers and greens in honor of the harvest.

### Resources to Learn More

[Shavuot](#) | [Shavuot History](#) | [Shavuot 101](#)

---

27

29

## Ascension of Bahá'u'lláh

This holiday commemorates the anniversary of the death of the founder of the Bahá'í faith, Bahá'u'lláh, and his teachings, which emphasized the spiritual unity of humankind.

### Idea for Content

In honor of Bahá'u'lláh and the Bahá'í faith, share a message and reminder of the importance that unity and peace have for all humankind.

### Resources to Learn More

[How Baha'is Observe the Ascension of Baha'u'llah](#)

# June

## Monthly Celebrations

Immigrant Heritage Month

Pride Month

## Daily Celebrations

June 2: Native American Citizenship Day

June 11: Race Unity Day

June 12: Loving Day

June 12 National Puerto Rican Day Parade

June 15: LGBTQIA+ Equal Pay Awareness Day

June 18: Father's Day

June 19: Juneteenth

June 20: World Refugee Day

June 21: The Longest Day

June 26: U.S. Legalization of Same-Sex Marriage Anniversary

June 26: Hajj Begins

June 27: PTSD Awareness Day

June 27-28: Waqf al Arafa

June 28: Stonewall Riots Anniversary

June 28: Eid al-Adha

J U N E

# The Month

## Immigrant Heritage Month

"The United States is a Nation of immigrants — shaped by the courageous people from around the world who leave their homes, lives, and loved ones to seek refuge and opportunity on our shores. Their sacrifices and entrepreneurial spirit have contributed to the rich tapestry that has defined the character of our country for generations. Since our founding, the very idea of America as a Nation of limitless possibilities has been nurtured and advanced by immigrants. During National Immigrant Heritage Month, we honor the contributions of immigrants to our great Nation and celebrate their profound impact" (**President Biden, The White House**).

### Ideas for Content

- Are you in a field where you create characters? Use the **Define American Immigrant Representation Scale**, a tool to help creators develop more authentic, nuanced immigrant characters.
- Honor Immigrant and Refugee Experiences by virtually exploring the exhibit **My America: Immigrant and Refugee Writers Today**, and invite your followers to do the same.
- Encourage your following to dive into and understand the immigrant experience with the Immigrant Heritage Month **Virtual Bookshelf**.
- Include the hashtag #ImmigrantHeritageMonth in any posts you share.

### Resources to Learn More

- **I Am An Immigrant**
- **Immigrant Heritage Month Resources**
- **The Immigrant Story**



J U N E

# The Month

## Pride Month

June is Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride Month. This month-long celebration demonstrates how LGBTQ Americans have strengthened our country, by using their talent and creativity to help create awareness and goodwill.

### Ideas for Content

- Whether or not you're a lawyer, participate in the American Bar Association's **21-Day LGBTQ+ Equity Habit Building Challenge**® and invite your following to join along. The challenge seeks to engage people in the quest for equity and learn more about the individuals under the "LGBTQ+ umbrella."
- Learn about the largely hidden history of the LGBTQ civil rights movement directly from the voices of the people who lived it in the **Making Gay History** Podcast series.
- Share **videos about the origin of the pride parade**, the creation of the pride flag, features of black LGBTQ+ leaders to know and more.

### Things to Avoid

- Before updating your company logo with a rainbow version, take a moment to ask, has your organization worked to support the LGBTQ+ community? If not, consider opting to take action for the community as an alternative.

### Resources to Learn More

- **Celebrating Pride Month**
- **Lesbian, Gay, Bisexual, Transgender and Queer Pride Month**
- **LGBTQ+ Pride Month**
- **Pride**

J U N E

# The Days

2

## Native American Citizenship Day

On this day in 1924, President Calvin Coolidge signed the Indian Citizenship Act granting citizenship to all Native Americans born in the United States, but it did not give the right to vote.

### Idea for Content

**Learn more** and highlight the history of the Indian Citizenship Act and how **Native Americans were divided** about the implications.

### Resources to Learn More

[Indian Citizenship Act](#) | [Indian Citizenship Act of 1924](#)

---

11

## Race Unity Day

Also known as Race Amity Day, Race Unity Day was started in 1957 by the Bahá'í National Spiritual Assembly to combat racism by focusing attention on racial prejudice.

### Idea for Content

Consider having an internal facilitated conversation about what your organization can do to move racial equity forward.

### Resources to Learn More

[Race Unity Day](#)

---

12

## Loving Day

Loving Day commemorates the anniversary of the landmark court decision in 1967, Loving vs. Virginia, which effectively legalized interracial marriage in the United States.

### Idea for Content

Use the official **Loving Day website for inspiration** of how to celebrate the day on social and include #LovingDay!

### Resources to Learn More

[Loving Day](#) | [The White and Black Worlds of Loving v. Virginia](#)

J U N E

# The Days

12

## National Puerto Rican Day Parade (NPRDP)

Now in its 66th year, NPRDP is the largest demonstration of cultural pride in the nation honoring the 3.5 million inhabitants of Puerto Rico and over 5 million people residing in the United States.

### Idea for Content

Support the NPRDP to raise awareness on issues affecting the Puerto Rican community across the U.S. and Puerto Rico by **giving back!**

### Resources to Learn More

[National Puerto Rican Day Parade Inc](#) | [NPRDP History](#)

---

15

## LGBTQIA+ Equal Pay Awareness Day

This day raises awareness about the wage gap experienced by members of the LGBTQIA+ community and its disproportionate impact on LGBTQIA+ people of color.

### Idea for Content

Bring attention to the alarming pay disparities that exist for members of the LGBTQ+ community by highlighting **the facts and figures**.

### Resources to Learn More

[LGBTQ Equal Pay Awareness Day](#) | [Equal Pay Day Calendar](#)

---

18

## Father's Day

Sonora Smart Dodd inspired Father's Day in honor of her father, a widower, who raised her and her siblings. The idea came to her after hearing a Mother's Day sermon.

### Idea for Content

Like Mother's Day, Father's Day can be a triggering holiday. For those who may be struggling, share **ways to handle the holiday**.

### Resources to Learn More

[Father's Day 2023](#) | [The Forgotten History of Father's Day](#)

J U N E

# The Days

19

## Juneteenth

Juneteenth, or June 19, recognizes the day in 1865 that federal troops arrived in Galveston, Texas, and ended slavery in the US. Juneteenth took place two and a half years after the Emancipation Proclamation.

### Idea for Content

Celebrate Juneteenth by **taking action** to progress policies to give Black Americans equal opportunity throughout the nation with the NAACP.

### Resources to Learn More

[The Historical Legacy](#) | [Juneteenth](#) | [Juneteenth: Fact Sheet](#)

---

20

## World Refugee Day

World Refugee Day is an international day to honor refugees and build empathy and understanding for their plight and resilience to build a bright future.

### Idea for Content

Celebrate World Refugee Day with core **messaging from the UN Refugee Agency** and include the blue solidarity ribbon and hashtag #WithRefugees.

### Resources to Learn More

[World Refugee Day](#) | [Refugee Facts](#) | [World Refugee Day 20 June](#)

---

21

## The Longest Day

The Longest Day for Alzheimer's was established in conjunction with the Summer Solstice as a time for people to outshine the darkness of this cruel disease during the longest day of sunshine in the calendar year.

### Idea for Content

Idea

### Resources to Learn More

[The Longest Day](#) | [Alzheimer's Disease](#) | [What Is Alzheimer's Disease?](#)

J U N E

# The Days

26

## U.S. Legalization of Same-Sex Marriage Anniversary

On June 26, 2015, same-sex marriage was made legal nationwide with the landmark civil rights case *Obergefell v. Hodges*.

### Idea for Content

Celebrate [#LovelsLove](#) on this day, especially during the month of pride, and share how your organization honors love and the LGBTQ+ community.

### Resources to Learn More

[Obergefell v. Hodges](#) | [Marriage Equality: Global Comparisons](#)

---

## Hajj Begins

Hajj is the five-day journey when Muslims pilgrimage to the holy city of Mecca to commemorate the life, trials, dedication, and sacrifices of the Prophet Abraham and his family.

### Idea for Content

Send [Hajj Mubarak Wishes](#) to those on their way and discover other ways to wish someone well.

### Resources to Learn More

[Hajj Information Sheet](#) | [The Hajj to Mecca](#) | [When is Hajj 2023](#)

---

27

## PTSD Awareness Day

PTSD Awareness Day, short for Post-Traumatic Stress Disorder Awareness Day, is a time to raise awareness and destigmatize the disorder caused by experiencing or witnessing trauma.

### Idea for Content

Raise awareness for the silent disorder by sharing [key facts](#) and [essential information](#) about PTSD with [#PTSDAwareness](#).

### Resources to Learn More

[PTSD Awareness Day 2023](#) | [PTSD Awareness Day](#)

J U N E

# The Days

27

## Waqf al Arafa

Waqf al-Arafa is during the annual Mecca pilgrimage when participants pray for mercy and forgiveness.

### Idea for Content

Waqf al Arafa is a time of immense forgiveness. Whether or not someone practices Islam, send a message of the importance of forgiveness in honor of the day.

28

### Resources to Learn More

[The Day of 'Arafah: All Your Questions Answered](#) | [The Day of Arafah](#)

---

28

## Stonewall Riots Anniversary

June 28 marks the anniversary of the Stonewall Uprising, a series of events between LGBTQ protesters and the police that stretched over six days in 1969 and fundamentally changed the discourse surrounding LGBTQ+ activism.

### Idea for Content

Uplift voices from the time with [interviews from LGBTQIA2S+ elders](#) who were there and were part of this milestone moment in history.

### Resources to Learn More

[1969: The Stonewall Uprising](#) | [June 28, 1969: Stonewall Riots](#)

---

## Eid al-Adha

Eid al-Adha, or the "Feast of Sacrifice," is one of Islam's most important holidays and commemorates the time of Qurbani or "sacrifice." Eid al-Adha enjoys special significance because the Day of Sacrifice marks the climax of Hajj or Pilgrimage, the fifth pillar of Islam.

### Idea for Content

Wish an "Eid al-Adha Mubarak" to those who celebrate.

### Resources to Learn More

[What is Eid-ul-Adha?](#) | [Eid al-Adha](#) | [The Feast of Sacrifice](#)

# Resources

- [https://act.alz.org/site/SPageServer?pagename=the\\_longest\\_day](https://act.alz.org/site/SPageServer?pagename=the_longest_day)
- <https://aidsetc.org/calendar/national-transgender-hiv-testing-day-0>
- <https://americanwritersmuseum.org/immigrant-heritage-month-resources/>
- <https://apasf.org/about/#resources>
- <https://autismsociety.org/autism-acceptance-month/>
- <https://bahaiteachings.org/how-bahais-observe-ascension-bahauallah/>
- <https://blogs.loc.gov/international-collections/2022/07/the-hajj-to-mecca/>
- <https://cdn.loc.gov/project/lcnet/AsianPacificAmerMonth/>
- <https://disabilityin.org/accessibility/celebrating-global-accessibility-awareness-day-gaad/>
- <https://domoreproject.org/blog/visibility-what-it-means-to-be-pansexual/>
- [https://drive.google.com/drive/folders/11KhUBcj3vFB4CbABXm8D1Av2KIKPq\\_ZQ](https://drive.google.com/drive/folders/11KhUBcj3vFB4CbABXm8D1Av2KIKPq_ZQ)
- <https://drive.google.com/drive/folders/1XyRh36FVcij6KwgJdNBdg11BFSx8j4v3>
- <http://www.equalpaytoday.org/lgbtqia-equal-pay-awareness-day>
- <https://exhibits.americanwritersmuseum.org/exhibits/my-america/>
- <https://growthzonesitesprod.azureedge.net/wp-content/uploads/sites/854/2021/04/TDM-Celebrate-Diversity-Guide.pdf>
- <https://guides.loc.gov/lgbtq-studies/stonewall-era>
- <https://haitianartsociety.org/haitian-art-videos>
- <https://hr.nih.gov/working-nih/civil/national-stress-awareness-month>
- <https://human-rights-channel.coe.int/idahotb-en.html>
- <https://immigrationhistory.org/item/1924-indian-citizenship-act/>
- <https://ing.org/resources/for-all-groups/calendar-of-important-islamic-dates/hajj-information-sheet/>
- <https://internationalfamilyequalityday.org/>
- <https://jewishamericanheritage.org/>
- [https://jewsofcolorinitiative.org/wp-content/uploads/2021/08/BEYONDTHECOUNT.FINAL\\_.8.12.21.pdf](https://jewsofcolorinitiative.org/wp-content/uploads/2021/08/BEYONDTHECOUNT.FINAL_.8.12.21.pdf)
- <https://library.law.howard.edu/civilrightshistory/lgbtq/obergefell>

# Resources

- <https://lovingday.org/>
- <https://makinggayhistory.com/>
- <https://may17.org/>
- <https://mobilestyles.com/blog/posts/show/626-lesbian-visibility-day-what-it-is-and-why-its-important>
- <https://muslimhands.org.uk/latest/2018/08/the-day-of-arafah-what-is-the-significance-and-how-do-we-make-the-most-of-it>
- <https://naacp.org/campaigns/juneteenth>
- <https://nationaldaycalendar.com/national-day-of-prayer-first-thursday-in-may/>
- <https://nationaltoday.com/african-american-music-appreciation-month/>
- <https://nationaltoday.com/laylat-al-qadr/>
- <https://nationaltoday.com/national-day-prayer/>
- <https://nationaltoday.com/vaisakhi-baisakhi-vishu/>
- <https://nmaahc.si.edu/explore/stories/historical-legacy-juneteenth>
- <https://oceanshealthcare.com/stress-awareness-month-2/>
- <https://pluralism.org/ramadan-and-eid-al-fitr>
- <https://pluralism.org/the-festival-of-baisakhi>
- <https://polarbearsinternational.org/act-now/earth-day/>
- <https://prevention.ucsf.edu/transhealth/education/nthtd>
- <https://pva.org/>
- [https://pva.org/wp-content/uploads/2023/01/2023\\_PVA\\_Policy\\_Priorities.pdf](https://pva.org/wp-content/uploads/2023/01/2023_PVA_Policy_Priorities.pdf)
- <https://reformjudaism.org/14-ways-celebrate-jewish-american-heritage-month>
- <https://reformjudaism.org/jewish-holidays/passover/passover-social-action-guide>
- <https://reformjudaism.org/jewish-holidays/shavuot/shavuot-history>
- <https://reformjudaism.org/jewish-holidays/yom-hashohah>
- <https://seizetheawkward.org/conversation/learn-the-signs>
- <https://sgp.fas.org/crs/misc/R44865.pdf>
- <https://smithsonianapa.org/care/>



# Resources

- <https://thehaitianroundtable.org/my-haitian-american-journey/>
- <https://theimmigrantstory.org/>
- <https://theoutwordsarchive.org/>
- <https://theweitzman.org/jewish-american-heritage-month/#:~:text=In%20May%202023%2C%20hundreds%20of,nation%20to%20the%20present%20day.>
- <https://time.com/4552130/loving-movie-racial-passing-history/>
- <https://veteran.com/ptsd-awareness-day/>
- <https://workplacepride.org/event/11861/>
- <https://www.aauw.org/resources/article/equal-pay-day-calendar/>
- <https://www.adl.org/resources/tools-and-strategies/jewish-american-heritage-month-resources>
- <https://www.advocatesforyouth.org/nyhaad/>
- <https://www.almanac.com/content/history-mothers-day>
- <https://www.almanac.com/forgotten-history-fathers-day>
- <https://www.alzheimers.gov/alzheimers-dementias/alzheimers-disease>
- [https://www.americanbar.org/groups/diversity/resources/celebrating-heritage-months/celebrating\\_pride\\_month/](https://www.americanbar.org/groups/diversity/resources/celebrating-heritage-months/celebrating_pride_month/)
- [https://www.americanbar.org/groups/diversity/resources/celebrating-heritage-months/celebrating\\_pride\\_month/equal\\_opportunity1/](https://www.americanbar.org/groups/diversity/resources/celebrating-heritage-months/celebrating_pride_month/equal_opportunity1/)
- [https://www.americanbar.org/groups/diversity/resources/equal\\_opportunity1/](https://www.americanbar.org/groups/diversity/resources/equal_opportunity1/)
- <https://www.apdaparkinson.org/article/dd-s20-article-4/>
- <https://www.archives.gov/news/topics/lgbt-pride-month>
- <https://www.asha.org/bhsm/>
- <https://www.audiology.org/practice-resources/public-awareness/may-is-better-hearing-month/>
- <https://www.audiology.org/practice-resources/public-awareness/reaching-consumers/>
- <https://www.autismspeaks.org/>

# Resources

- <https://www.autismspeaks.org/world-autism-awareness-day>
- <https://www.autismspeaks.org/world-autism-month-faq>
- <https://www.autismspeaks.org/world-autism-month-get-involved>
- <https://www.bahai.us/declaration-of-the-bab/>
- <https://www.bahaiblog.net/articles/holy-days-bahai-calendar/the-declaration-of-the-bab/>
- <https://www.betterhelp.com/advice/current-events/observing-stress-awareness-month-2022-what-should-you-know-about-stress/>
- <https://www.betterhelp.com/advice/general/6-ways-to-celebrate-haitian-heritage-month-this-year/>
- <https://www.betterhelp.com/advice/general/8-ways-to-participate-in-mental-health-awareness-month/>
- <https://www.biography.com/activists/malcolm-x>
- <https://www.brandeis.edu/spiritual-life/resources/guide-to-observances/eid-al-adha.html>
- <https://www.brandeis.edu/spiritual-life/resources/guide-to-observances/eid-al-fitr.html>
- <https://www.braunability.com/us/en/resources/veteran-support/resources-for-veterans.html>
- <https://www.britannica.com/topic/Laylat-al-Qadr>
- <https://www.britannica.com/topic/Mothers-Day>
- <https://www.browardschools.com/cms/lib/FLO1803656/Centricity/Domain/13726//Documents/Haitian-Heritage-Month-Resources.pdf>
- <https://www.cdc.gov/hiv/library/awareness/nthtd.html>
- <https://www.cdc.gov/hiv/library/awareness/nyhaad.html>
- <https://www.cdc.gov/nceh/features/better-hearing-and-speech-month/index.html>
- <https://www.cfr.org/background/marriage-equality-global-comparisons>
- [https://www.chabad.org/holidays/passover/default\\_cdo/jewish/Passover-2023-Pesach.htm](https://www.chabad.org/holidays/passover/default_cdo/jewish/Passover-2023-Pesach.htm)
- <https://www.chcw.org/april-is-stress-awareness-month/>
- <https://www.cnn.com/travel/article/buddha-birthday-vesak-day/index.html>
- <https://www.dhhrm.org/educational-tool-kits/>

# Resources

- <https://www.dnaweekly.com/blog/stress-awareness-month/#review-2>
- <https://www.earthday.org/wp-content/uploads/2023/03/ED23-Action-Toolkit.pdf>
- <https://www.haitianheritagemuseum.org/>
- <https://www.history.com/pride>
- <https://www.history.com/topics/holidays/cinco-de-mayo>
- <https://www.history.com/topics/holidays/eid-al-adha>
- <https://www.history.com/topics/holidays/fathers-day>
- <https://www.history.com/topics/holidays/mothers-day>
- <https://www.history.com/topics/holidays/passover>
- <https://www.hiv.gov/events/awareness-days/youth/>
- <https://www.hrc.org/resources/the-wage-gap-among-lgbtq-workers-in-the-united-states>
- <https://www.iamanimmigrant.com/>
- <https://www.ifcj.org/learn/jewish-holidays/what-is-passover>
- <https://www.islamicfinder.org/special-islamic-days/laylat-al-qadr-2023/>
- <https://www.islamic-relief.org.uk/resources/knowledge-base/five-pillars-of-islam/hajj/>
- <https://www.jewishheritagemonth.gov/>
- <https://www.jmberlin.de/en/topic-shavuot>
- <https://www.juneteenth.com/how-to-celebrate/>
- <https://www.loc.gov/item/today-in-history/june-02/>
- <https://www.loc.gov/lgbt-pride-month/>
- <https://www.malcolmxfoundation.org/>
- <https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/symptoms-causes/syc-20350447>
- <https://www.mhanational.org/mental-health-month>
- <https://www.mhanational.org/terms-know-mental-health-glossary>
- <https://www.michaeljfox.org/parkinsons-awareness-month>
- [https://www.michaeljfox.org/sites/default/files/media/document/072419\\_PPF\\_ADVOCACY\\_TOOLKIT.pdf](https://www.michaeljfox.org/sites/default/files/media/document/072419_PPF_ADVOCACY_TOOLKIT.pdf)

# Resources

- <https://www.muslimaid.org/media-centre/blog/what-is-eid-ul-adha/>
- <https://www.muslimaid.org/what-we-do/religious-dues/qurbani/the-day-of-arafah/>
- <https://www.myjewishlearning.com/article/shavuot-101/>
- <https://www.myjewishlearning.com/article/yom-hashoah-holocaust-memorial-day/>
- <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>
- <https://www.nami.org/NAMI/media/NAMI-Media/PDFs/2023-NAMI-MHM-Partner-Guide.pdf>
- <https://www.nationalpuertoricandayparade.org/history.html>
- <https://www.neh.gov/news/virtual-bookshelf-immigrant-heritage-month>
- <https://www.npr.org/2022/05/07/1097193125/mothers-day-father-day-grief-tips>
- <https://www.nprdpinc.org/about>
- <https://www.nprdpinc.org/donate>
- <https://www.nytimes.com/2022/06/17/well/fathers-day-grief-coping.html>
- <https://www.nytimes.com/article/cinco-de-mayo-celebration.html>
- <https://www.parkinson.org/parkinsons-awareness-month>
- <https://www.parkinsonsresource.org/news/articles/parkinsons-awareness-month-2023/>
- <https://www.pitt.edu/pittwire/features-articles/10-ways-mark-global-accessibility-awareness-day>
- <https://www.redcross.org/about-us/news-and-events/news/2020/ptsd-awareness-day-talking-about-a-silent-disorder.html>
- <https://www.rescue.org/worldrefugeeday>
- <https://www.ruralhealth.va.gov/docs/ruralclergytraining/ptsd.pdf>
- <https://www.standuptojewishhate.org/how-to-post/>
- <https://www.studysmarter.us/explanations/history/us-history/indian-citizenship-act-of-1924/>
- <https://www.thechicagoschool.edu/insight/psychology/ptsd-awareness-month/>
- <https://www.therainbowstores.com/blogs/blogs-guides/pansexual-and-panromantic-visibility-day>

# Resources

- <https://www.thetrevorproject.org/blog/celebrating-lesbian-visibility-day-with-trevor-project-staff-member-gray-muranaga/>
- <https://www.thoughtco.com/cinco-de-mayo-the-basics-2136661>
- <https://www.thoughtco.com/indian-citizenship-act-4690867>
- <https://www.today.com/aapi-heritage-month>
- <https://www.today.com/life/holidays/when-is-passover-rcna69723>
- <https://www.un.org/en/observances/autism-day>
- <https://www.un.org/en/observances/earth-day>
- <https://www.un.org/en/observances/refugee-day>
- <https://www.un.org/en/observances/vesak-day>
- <https://www.unhcr.org/en-us/world-refugee-day.html>
- <https://www.unrefugees.org/refugee-facts/>
- <https://www.ushmm.org/remember/days-of-remembrance/resources>
- <https://www.utsouthwestern.edu/employees/hr-resources/assets/wellness--stress-awareness-month.pdf>
- <https://www.whallc.com/diversity-equity-inclusion/lesbian-visibility-day/>
- <https://www.whitehouse.gov/briefing-room/presidential-actions/2022/05/31/a-proclamation-on-national-immigrant-heritage-month-2022/>
- <https://www.withconfetti.com/collection/mental-health-awareness-month>
- [https://www.youtube.com/watch?v=6bLwF\\_KFrZU](https://www.youtube.com/watch?v=6bLwF_KFrZU)
- <https://www.zinnedproject.org/news/tdih/malcolm-x-day-celebration/>
- <https://www.zinnedproject.org/news/tdih/stonewall-riots/>

FOLLOW LIVINGHR ON SOCIAL



livingHR



@livingHRInc



@livingHRInc